

Weekly Housecleaning

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–10:30		Weekly housecleaning
10:30–10:35	FE-1	SSRMS cable connect
10:30–11:30	CDR	Physical exercise (VELO + Load Trainer-1 / day 2)
11:30–12:00		CCBP (Docking & Internal Transfer System) tools check
11:30–12:30	FE-1	Physical exercise (TVIS)
12:30–13:30	CDR	LUNCH
12:40–12:50	FE-1	Video downlink setup: videocassette insertion
12:50–13:30		LUNCH
13:30–14:00		Weekly planning conference (<i>S-band</i>)
14:15–14:20	FE-1	Video downlink setup: videocassette insertion
14:20–14:40		Weekly conference with Program management (<i>S-band</i>)
14:40–15:20	CDR	Maintenance of COЖ
15:05–15:10	FE-1	IMS auto import/export
15:45–15:55		Video downlink setup: videocassette insertion
15:55–17:20		Physical exercise (RED)
16:30–18:00	CDR	Physical exercise (TVIS-2)
17:20–17:25	FE-1	Video downlink setup: videocassette insertion
18:15–19:00		Video downlink
19:00–19:10		Video downlink: closeout ops
19:15–19:30		SSRMS video camera closeout ops
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00	CDR	SLEEP
21:45–22:00	FE-1	Private family conference (<i>S-band</i>)
22:00–06:00		SLEEP

NOTE:

See OSTP for references to US procedures

Task List : CDR : URAGAN Earth observations
 DIATOMEA ocean observations
 KROMKA
 Life on ISS video

End of radiogram